

Sasebo SOUNDINGS

CFAS, Sasebo community celebrate Fourth of July



Despite the weather, over 6,000 visitors turned out for Fleet Activities Sasebo's (CFAS's) open base July 4. (Clockwise from top left) After waiting in steady rain visitors were greeted by Security personnel and given an American flag to welcome them on America's birthday. Once on base, they sampled American foods from a variety of vendors, enjoyed entertainment at the Showboat Theatre and boarded USS Essex (LHD 2) for tours, learning about the ship and the Navy with informative static displays manned by the ship's crew. The rain didn't seem to hinder visitors' enthusiasm or curiosity as they explored the base, learning more about its role in the community. (Official U.S. Navy photos by Fleet Imaging Facility and CFAS Public Affairs)



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Mammo-van...
Long-awaited mobile mammography center to provide breast cancer screening in Sasebo.
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Sasebo Weather

Saturday	Sunday	Monday
Partly Cloudy	T-Storms	T-Storms
High: 87° F	High: 84° F	High: 86° F
Low: 72° F	Low: 74° F	Low: 76° F

Days since last DUI/DWI
(as of July 8)

4

CAPT. MICHAEL L. JAMES
COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

CMDR. BERNARD P. WANG
CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444

MR. CHARLES T. HOWARD
CFAS PUBLIC AFFAIRS OFFICER
252-3029
c00b@cfas.navy.mil

JO1(SW) RON INMAN
EDITOR, SASEBO SOUNDINGS
252-3485
ronald.inman@cfas.navy.mil

JOSA JEFF JOHNSTONE
STAFF WRITER/EDITORIAL ASSISTANT
252-3409

ISAIAH MINCKS
ALEC CULPEPPER
SASEBO SPORTS

NAOMI SULLIVAN
ASSISTANT EDITOR/COPY EDITOR

MELISSA DUQUE
COPY EDITOR

VOLUNTEERS AND STRINGERS
BILL DOUGHTY – MEDICAL
PHIL EAKINS – COLUMNIST
JERRY HAVENS – FFSC
LT. RON OKIALDA – MEDICAL
LARA SANERS-VANNOY – TRICARE

CTF 76 PUBLIC AFFAIRS
LT. ED SISK
JO3 JAMES KIMBER
252-2810

FLEET IMAGING
PH1 (SW) MARVIN HARRIS
PH2 (AW) JONATHON R. KULP
PH3 IAN W. ANDERSON
252-3559

MWR MARKETING
ALLISON FOO
FRANK A. DeSILVA
JEN MARTIN
252-3930

SPECIAL THANKS TO:
AMERICAN FORCES NETWORK–SASEBO
BRANCH DENTAL CLINIC–SASEBO
BRANCH MEDICAL CLINIC–SASEBO
CFAS RELIGIOUS MINISTRIES
CFAS SAFETY DEPARTMENT
FLEET AND FAMILY SUPPORT CENTER
DoDDS

NAVY EXCHANGE–SASEBO
USS ESSEX (LHD 2)
USS HARPERS FERRY (LSD 49)
USS FORT MCHENRY (LSD 43)
USS JUNEAU (LPD 10)
USS GUARDIAN (MCM 5)
USS PATRIOT (MCM 7)
USS SAFEGUARD (ARS 50)

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Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Independence Day thanks and voting

I want to take this opportunity to thank everyone who worked so hard to make the 4th of July celebration a success. Although the weather did not cooperate, Fleet Activities Sasebo (CFAS) and USS Essex (LHD 2) were able to host over 6,000 Japanese visitors as well as our own CFAS community. Many hours of hard work were put in by many people; from members of Security who worked extra shifts to ensure all who participated were safe, to MWR which coordinated entertainment on two stages. A special thanks to our community volunteers: This event could not have happened without your participation.

On behalf of CFAS, I also want to extend a big “arigato gozaimashita” to the many Sasebo citizens who volunteered in our 4th of July celebration. They were performers, translators, hosts and hostesses at the information booths and cultural exchange booths. Without their participation this event would not be a success.

This is the first time since 9/11 that we were able to hosts our Japanese neighbors, and extend our hands in friendship and appreciation for their support of the U.S. Navy and our families in Sasebo. Hopefully, this will only be the beginning of more opportunities to host our neighbors.



CMDR. BERNIE WANG
CHIEF STAFF OFFICER, FLEET ACTIVITIES SASEBO

Do Your Duty

On a different note, this week marks four months until the general election and two months from the primary elections in many states. While we are far away from our homes, it is still important for all of us to exercise our fundamental right as Americans to vote for our elected leaders.

The central element of the American Democracy is the opportunity for the people to determine who should represent us in government. It goes well beyond electing the President. There are many congressional and senatorial races going on around the country, and election of local officials as well. In addition, there are ballot initiatives and referenda going on around the nation that will impact important issues like taxes, schools, city construction, and a number of other issues that will impact our families and neighbors at home.

All of us in uniform have made an oath to defend the Constitution of the United States and the right of democracy. Many have given their lives for this cause. We must also be more than defenders of these rights; we need to exercise our rights as citizens by voting. If you have not registered to vote, now is the time. Do not wait because in a few weeks, it may be too late to register for the primary elections. Each command should have a Voting Assistance Officer to help you. In CFAS the voting assistance officer is Lt. Mercado. There is a voting registration booth at Bayside Food Court Monday to Friday from 11 a.m. until 1 p.m. Please stop by.

CMC discusses civilian clothes policy

Naomi Sullivan
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) introduced the Commander Naval Forces Japan (CNFJ) civilian clothes policy in May 2003. The reason for the policy was to establish guidance for the wearing of civilian clothes by servicemembers and their dependents stationed in Japan.

“This helps us make a good impression. We are in a foreign country and are ambassadors for the Navy,” said Command Master Chief (SS) Bill Lowmon.

There has been training on all levels at CFAS to enforce the regulations and inform the community of what is acceptable and what is against the policy. According to Lowmon, over time standards have been slipping.

Now, anyone in violation of the policy will be escorted to Security and the servicemember’s command or the dependent’s sponsor will be notified to correct the discrepancy.

“Minor infractions will now go further – It’s simple, it is a matter of good order and discipline. What else is going wrong if something as simple as the clothes policy cannot be followed? Then are there other things that are not being done,” said Lowmon.

According to Lowmon, steps have been taken to avoid getting Security involved in ‘fashion policing’. This is the latest step in attempts to get the community to comply with established rules and regulations.

“We have educated active duty personnel with general military training and the command has taken an active role in policing.

Further steps were taken with the confiscation of violators identification cards by commands for 30 days. We are trying to do whatever it takes to get people to understand that this policy is not going away,” said Lowmon.

Lowmon will be attending a conference with the Command Master Chiefs of all naval bases in Japan at Fleet Activities Yokosuka (CFAY) this week, to go over the finer points of the civilian clothes policy.

“There are regulations in the policy that are not specific enough and we are in the process of fine tuning. For example, differences between t-shirts and tank tops and dress and skirt lengths,” said Lowmon.

To obtain a copy of the civilian clothes policy, contact Charles Howard at the Fleet and Family Service Center at 252-3101.

Community Calendar:

Flea Market at the Morning Market

July 11&25, 4 a.m. - 8:30 a.m.

Yume Ichiba (Dream Market)

Flea Market

July 11&25, 10 a.m. - 4 p.m.

Daito Jusco Flea Market

July 13, 10 a.m. - 4 p.m.

Jusco Department Store in Daito-cho

Flea Market in Hinoki-dai

July 17&18, 10 a.m. - 4 p.m.

Hinoki-dai, 1-1 Kami-motoyama-cho

(on Route 204)

NBC Housing Flea Market

July 17&18, opens at 10 a.m.

Hono-no-haku Flea Market

July 18, 10 a.m. - 4 p.m.

Origami Classes

Every weekday from June 21 - August 13, 12 a.m. - 1 p.m. Free, Main base library classroom.

Summer Vacation Craft Class

July 14, 21 & 28, August 11&18, 10 a.m. - 11 a.m., Main base library classroom.

July 14 Yukata Fitting for Kids

July 21 Japanese Calligraphy

July 28 Japanese Games

All classes are free. Please stop by and join!

Yukata (Cotton Kimono) Fitting Class

July 19, 9 a.m. - 11 a.m., Main base library, Classroom 3. Free.

31st Nagasaki Prefecture Water Paints Exhibition

July 7 - 11, 10 a.m. - 5 p.m., Shimanose Art Center. Water paint works will be exhibited.

34th Sasebo Senior Citizen's Art Works Exhibition

July 7 - 11, 10 a.m. - 5 p.m., Shimanose Art Center. Sasebo Senior Citizen's Club Association will hold an art exhibition. There will be Japanese calligraphy works, paintings, photos, and craft works. Admission is free.

70th Sasebo Ceramic Association Summer Exhibition

July 10 - 17, 10 a.m. - 5 p.m., Nishizawa Department Gallery. Local ceramic artists will hold an annual exhibition. Admission is free.

Shirahama Beach Opens!

Saturday, July 10, 9 a.m. - 5 p.m. (weekdays), 9 a.m. - 6 p.m. (weekends) ¥400 (13 and older), ¥250 (7-12 years old).

Yokosuka debuts mobile mammography center

Bill Doughty
U.S. Naval Hospital Yokosuka
Public Affairs

Breast cancer detection drives in Japan will take on new meaning with the arrival of a Mobile Mammography Center or “mammo van.” The van is undergoing weeks of extensive testing starting July 6 and will be retested and checked at other bases in Japan before it goes into use.

The long-awaited bus-size Mammography Center will provide breast cancer screening through mammograms for Yokosuka patients and at Navy and Marine Corps bases in southern Japan, at Sasebo and Iwakuni.

“Having mammography services available locally for the branch medical clinics will help to ensure that women are getting their recommended examinations in a routine and timely manner,” said Cmdr. Ron Dodge, Officer in Charge of Branch Medical Clinic Sasebo. “It eliminates the need to get TAD (Temporary Assigned Duty) orders, plane tickets, child care for multiple days, and travel 900 miles!”

According to Lt. Cmdr. Katy Hawkins, the van is a significant cost-saver.

“It will save the \$400 round trip and about two days TAD, \$40-200 per person, depending on where they stay.” Hawkins points out, “Previously, ships and other commands at Sasebo and Iwakuni had to

send women here to get a mammogram, now the mammogram comes to them.”

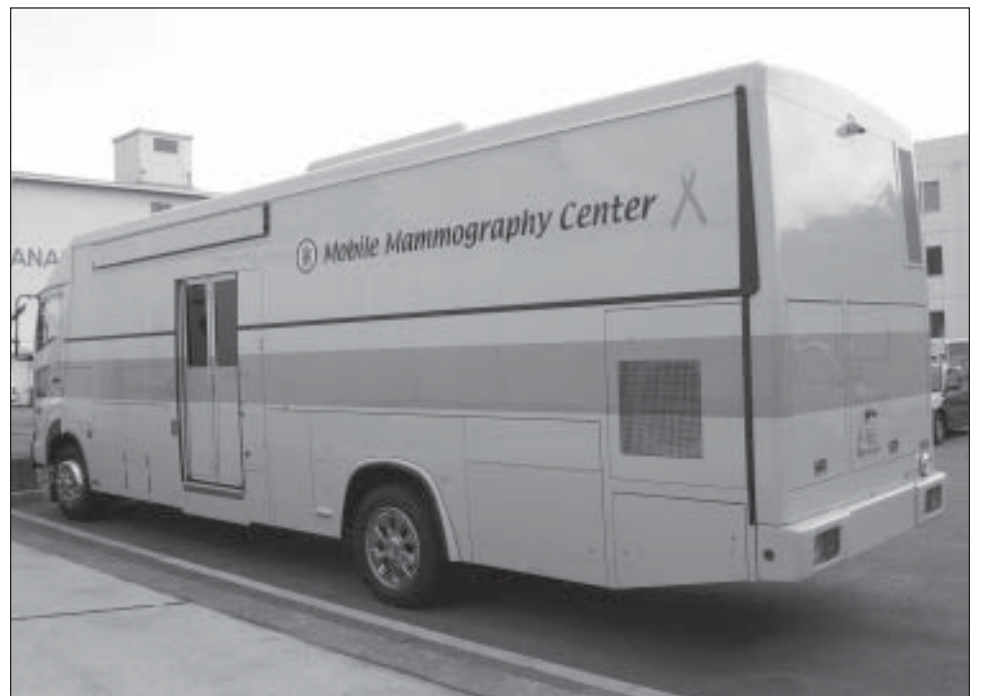
Before the van can go into operation, however, it must first undergo rigorous testing, calibration, and retesting to meet stringent standards of the Food and Drug Administration.

According to Cmdr. Stephanie Young, Chief Radiologist at USNH Yokosuka, “These procedures are standard for all mammography equipment, both mobile and stationary. The strict standards ensure that the images we get from the van are of the caliber needed to find breast cancer at an early and treatable stage. Without the regulations and strict control, we might not find the subtle calcification or irregularity that signals an early cancer.”

The van will go to all bases this summer for continued testing. Young expects to be able to provide breast cancer screening mammography for patients in Sasebo and Iwakuni as early as this fall.

“This state-of-the-art diagnostic mammography van has both mammography and breast ultrasound in a mobile platform allowing both for screening examinations and one-stop diagnostic imaging for patients with clinical findings or issues,” said Young. “No longer will our Sasebo and Iwakuni patients be subject to long travel times and inconvenience to receive a screening test.”

Cmdr. Dodge is excited about the prospect



U.S. Naval Hospital Yokosuka's new state-of-the-art mobile mammography center will provide breast cancer screening at Navy and Marine Corps bases throughout Japan, including Sasebo and Iwakuni. (Photo by U.S. Naval Hospital Yokosuka Public Affairs)

of offering this service to his beneficiaries in Sasebo.

“Taking healthcare to the deck plates is much more than simply a dollar and cents concept, said Dodge, “It’s the right thing to do.”

He added, “Although a majority of the

cost savings – elimination of the patients’ need to travel – will not be ours, we are saving the “Navy” big dollars from all of the commands in this area.”

USO Service Salute recognizes Sasebo’s finest July 2

Naomi Sullivan
CFAS Public Affairs

United Services Organization (USO) held their fifth annual Service Salute July 2 at Huis Ten Bosch’s ANA Hotel.

The Service Salute is the primary fundraiser for the USO. Money that is raised goes back to programs run throughout the year.

“It has been an excellent evening and USO is expecting to raise around \$15,000 for this event,” said Cmdr. Ron Dodge, committee chairperson.

The evening recognized five enlisted members of the Japan Self Defence Force (JSDF) and U.S. Armed Forces serving on Kyushu for their contributions to the community.

“We are here to recognize the best our two nations have to offer,” said Ryosuke Umemura, President, USO Council of Sasebo. Engineering Aid First Class (SCW), Clinton



A Master Chief, Japanese Maritime Self Defense Force Sailor, is recognized for his contributions to the community by presenters at the USO's fifth annual Service Salute, held at Huis Ten Bosch's ANA hotel

Schuhart, Leading Petty Officer for Self Help, was one servicemember recognized for his

contributions to the community. Schuhart has been assigned to Fleet Activities Sasebo (CFAS) since May, 2003; he has been active in command organizations like ball committees, teaching English and various base functions.

“I have been volunteering whenever possible. The relationship with the Japanese community is vital. I

recommend to anyone to get out there and try your best – learn the language and the culture,” said Schuhart.

Organizations from Fleet Activities Sasebo (CFAS), and Sasebo City sponsored the event. Local Girl Scouts also contributed to the event, helping with tags and table decorations.

“Thank you to all the volunteers in the USO and the people that volunteer for the services of both nations,” said Keith Weaver, guest speaker.

Recognized were: Master Chief Petty Officer Tomohiro Wada, Japan Maritime Self Defense Force (JMSDF), Senior Master Sergeant Michiaki Ishida, Japan Air Self Defense Force (JASDF), Sergeant Major Yasuyuki Kimura, Japan Ground Self Defense Force (JGSDF), Photographer’s Mate First Class (AW/SW) Essex D. Moore, III, CFAS, and EA1 (SCW) Clinton Schuhart, CFAS.

Committee meeting addresses off duty, traffic safety

Naomi Sullivan
CFAS Public Affairs

Fleet Activities Sasebo’s (CFAS) Traffic Safety committee meeting was held July 1. The committee discussed off duty safety as well as traffic safety.

The 101 days of summer kicked off May 26. To increase safety awareness, CFAS Safety Office puts out a weekly report on local traffic accidents and off duty related injuries. According to them, the period from

Memorial Day to Labor Day is when the most Sailors and Marines die because of off duty mishaps. Since the end of May there have been 33 minor accidents, 3 instances of driving under the influence (DUI’s), and 1 fatality.

“Commands are taking drinking and driving very seriously and it will not be tolerated from anybody regardless of rank,” said Jim Whalen CFAS safety officer. He added that most accidents happen shortly after the fleet returns to Sasebo.

An upcoming change to the CFAS driving

instruction requires that all new drivers under the age of 26 will have to complete the Navy online course on driving safety or the Automobile Association of America’s (AAA) driver improvement course. Drivers will also be required to take the class if they get in an accident, if a servicemember is on deployment the course can be taken upon their return.

According to Whalen, if someone is the witness to reckless driving by SOFA sponsored personnel they can notify the Safety Office or Security, and the appropriate

action will be taken.

The Safety Office would like to remind the community that all motorcycle riders are required to sign a page 13, which states the guidelines for proper personal protection while operating the motorcycle. These forms should be added to the servicemembers record. If you require a copy of this form contact the Safety Office at 252-3903.

Sasebo MWR staff receive recreation awards

By Frank A. DeSilva
MWR Marketing

Allison Foo and Gary Elliott, two civilian members of the Sasebo Morale, Welfare and Recreation (MWR) Dept.,



The MWR Marketing Director works hard 'behind the scenes' every day creating a wide variety of signs, posters, magazines, flyers, brochures and other outstanding visual aids in support of MWR programs, activities and special events. She recently received national recognition by the Armed Forces Recreation Society for her exceptional talent, dedication and major contributions to customer service as a member of the Sasebo MWR Department. (Photo by Frank A. DeSilva)

received national recognition recently for their outstanding 'behind the scenes' work in supporting recreational opportunities for active duty military personnel, retirees, families and civilians associated with the armed services.

Two other Sasebo MWR members, Bowling Center manager Keith Reynolds and Recreation Assistant Lisa Latimer also made it to the selection finals.

Only five individuals throughout the combined armed services received the 2004 Armed Forces Recreation Society (AFRS) Support Services Award, making the awards for Foo and Elliott that much more impressive.

MWR Director Scott Poluhowich made the presentations to Marketing Manager Foo and Warehouse Supervisor Elliott at a staff meeting last week.

"I am extremely delighted and proud to have two of our MWR employees selected throughout the armed forces to receive these national awards, and two more who made it to the final cut," Poluhowich said.

"Each of them always give much more than 100% for the benefit of Sailors, their families and all of our authorized patrons. They are outstanding employees and I am honored to have them on our team," he said.

The AFRS annual awards program recognizes top people and organizations within the Department of Defense that contribute to outstanding recreational programs for authorized patrons throughout the world.

This award is really special not only because of the high level of national competition involved in the selection process, but because it recognizes people like Allison and Gary who work in support services, people who do not generally have direct contact with customers on a regular basis.

The hard work Allison, Gary, Keith and Lisa perform day in and day out is rarely seen by the external customer, but what they do plays a vital role in the successful delivery of the many outstanding programs and services we offer to our patrons here at Sasebo.

"The fact that two of our own employees were selected out of five available awards throughout all the armed



MWR Warehouse Supervisor is honored by the Armed Forces Recreation Society for his 'behind the scenes' support services that contribute to outstanding customer service, is a key member of the Sasebo MWR Department team. He is responsible for making sure equipment and supplies are properly ordered, tracked, received and distributed throughout the many MWR activities and facilities at main Base and Hario. (Photo by Frank A. DeSilva).

services in the Support Services category, and two more who made an impressive showing in the competition, reflects the exceptionally talented group of people we have working in our MWR Dept.," Poluhowich said.

Foo and Elliott will attend the Armed Forces Recreation Society Annual Awards Banquet in Reno Nevada in October to officially receive their awards.

Summer safety alert: be aware of seasonal hazards

Charles Carr
CFAS Safety

Each season comes with its own hazards. With summer upon us, common sense should tell us to run down our seasonal safety checklist. The Occupational Safety and Health Administration (OSHA) offers a fact sheet to remind anyone who works outdoors to watch out for three common summertime health hazards: sun, heat and ticks.

Sun

That warm, golden sunshine includes ultraviolet (UV) radiation, the ingredient that makes too much sun a bad thing. UV is the culprit behind wrinkled skin, skin cancers and cataracts. If you were born to burn beware. People with moles, especially irregular ones, or freckles, fair skin, blond, red or light brown hair, tend to sunburn easily. They, along with everyone else, should take the following steps to block those UV rays:

- Cover up with opaque clothing.
- Before you go out, apply sunscreen with an SPF rating of at least 15.
- Wear a hat with a brim wide enough to shade all of your face and neck.
- Wear sunglasses that block at least 99 percent of UVA and UVB radiation.
- Plan outdoor activities for early or late in

the day UV radiation hits hardest between 10 a.m. and 4 p.m.

Heat

Or is it the humidity? Extremes of either heat or humidity can make you uncomfortable, but together they increase chances for heat exhaustion and heat stroke. Steps to protect yourself include:

- Carry water and keep sipping. If you feel thirsty, you're not drinking enough.
- Wear light, loose, breathable clothing.
- Take more breaks and eat smaller meals, especially before working.
- Cut down on the caffeine, alcohol and heavy sweets.

- If your work requires that you wear protective clothing or use a respirator, plan to take even more breaks for cooling off and drinking fluids. If you are using medications, check with your doctor to make sure that you won't have a bad reaction to heat or sunlight.

Ticks

Those nasty little blood-sucking deer ticks carry Lyme disease. If you work in the woods or where vegetation is thick, you run a higher risk of being bitten and infected. Most victims will see a "bulls-eye" rash develop after a bite, then develop symptoms similar to those of flu. The disease can be treated, but early treatment is much more effective than later. The debilitating nature of Lyme disease

should drive home the point that prevention trumps cure. Use these strategies to protect yourself from tick bites:

- Wear light-colored clothing so ticks are easier to spot.
- Wear long sleeves and tuck pant legs into socks or boots (yes, this will make working on a hot day even hotter, so plan for breaks and extra liquids).
- Wear a hat and high boots or shoes that cover your feet.
- Use tick repellent, but, follow directions carefully.
- Shower after work; wash and dry work clothes at high temperatures.
- Check your body thoroughly for ticks after working outdoors. If you find any, remove them with fine-tipped tweezers. OSHA recommends that you do not try to

burn ticks or smother them with petroleum jelly or other substances.

ICE

WHAT: The Interactive Customer Evaluation (ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfis.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E. Ranard, CFAS Command Chaplain at 252-3380.

Sasebo Navy Lodge employee receives NEXCOM award

JOSA Jeff Johnstone
CFAS Public Affairs

Navy Exchange Command (NEXCOM) announced its worldwide Navy Lodge Program Associate of the Quarter Wednesday. Kazunori Moriyama, a maintenance employee at Sasebo's Navy Lodge, was selected for the award based on his hard work and dedication to the Lodge and its guests.

"My job at the lodge is to ensure the rooms and equipment in them are in the best shape possible, the playgrounds are safe for children, and the grounds are free of any dangerous or hazardous materials," said Moriyama through an interpreter.

Moriyama has a great attitude regardless of his work load.

"He was nominated for this award because of his take-charge attitude and his hard work," said Pennington.

Moriyama, who previously worked for the Public Works Department, has only been employed at the Navy Lodge for nine months.

"I enjoy working here," said Moriyama. He added "I like



Sasebo Navy Lodge maintenance employee is congratulated by Lodge Manager on his selection as worldwide NEXCOM Navy Lodge Employee of the Quarter on Wednesday. According to Navy Lodge Manager, the employee was selected for the honor because of his hard work and take-charge attitude. (Official U.S. Navy photo by JOSA Jeff Johnstone)

working with my co-workers who are different ages. Some are younger, some are older, it makes things interesting. I want to thank my supervisors and co-workers for being

good to me while I'm employed here.

According to Pennington, individual lodge managers pick their candidates, and the winners are chosen by NEXCOM from those selected. Moriyama was selected from 1,800 employees at Navy Lodges around the globe for the award.

"It's very rare for a maintenance employee to win this award," emphasized Pennington. "Usually, front desk clerks and employees with more customer contact get the nod."

Another challenge Moriyama faces while performing maintenance is having to repair American products, such as microwaves or televisions.

"I'm used to fixing Japanese electronics," said Moriyama. "It's tough because American and Japanese products are different, but I'm getting the hang of it."

Pennington recalled an instance when Moriyama showed he truly deserved to be recognized for his hard work.

"I can remember when I asked him to tighten a loose arm on a bench," said Pennington. "Rather than tightening the one bolt that was actually loose, he went ahead and replaced every old bolt on the bench with a brand new ones. He has a lot of initiative and is very enthusiastic about his job," concluded Pennington.

"Nominating him was an easy decision."

Sasebo USO planning charity auction fundraiser

CFAS Public Affairs

The community will have a chance to score some great bargains on outstanding merchandise while supporting the activities of the Sasebo USO.

The USO will host an auction at the Harbor View Club on July 17. Community members will be able to preview

the merchandise in the Sakata Room from 10:30 until 11:30 a.m. after which the real action will start.

Just like a traditional auction, participants will have paddles with numbers which they will use to indicate their bids. Items being auctioned off at incredible savings include furniture, artwork, carpets other objects from the Far East and Europe. The auction will continue until 1800,

and tickets are available for \$5.00 from the Fleet Landing and Nimitz Park USOs and a number of community organizations. For more info, call DJ Stanhope at 252-3873 or Espie Limon at 252-3959.

OMBUDSMAN Basic Training

July 19-22 • 9 a.m. - 3 p.m.
Community Education Center

Open to all newly appointed or prospective Ombudsmen, Commanding Officers, Executive Officers, Command Master Chiefs and their spouses.

To register for this training, please call FFSC at 252-3604.

Ombudsman Basic Training (OBT)
includes the following topics:

- Basic deployment support issues
- Relationships with Commands
- Communicating with Families
- Information & Referral Services
- Confidentiality



A Fireman demonstrates how the K-90 Tallisman XL thermal imaging camera operates for a Japanese boy and his family July 4. USS Essex (LHD 2) opened its brow to the Japanese community on Independence Day marking the first time any ship in Sasebo held an Open Ship since 9/11. (Official U.S. Navy photo by PHAN Nicholas C. Messina)



UPCOMING EVENTS & MOVIES



THURSDAY, JULY 15

8 P.M., FREE!

R&B

Movie Schedule for
July 9 - July 16

FEATURED PREMIERE



Rated: PG-13

Starring: Jamie Foxx, Gabrielle Chestnut, Peter MacNicol, Jennifer Esposito, Bianaca Lawson and Jill Ritchie

Jamie Foxx stars as Quincy in this semi-romantic comedy about a man who is dumped by his girlfriend, Helen (Bianca Lawson). Quincy was about to ask Helen for her hand in marriage at a party with all his friends; when unexpectedly, Helen just leaves him. Quincy is confused by the breakup, and he writes Helen a long letter about how she was supposed to breakup. Quincy's cousin Evan (Morris Chestnut) sees the letter, which is the size of a book, and gets the idea of publishing it. The book becomes a best seller. Evan wants to breakup with his girlfriend Nicky (Gabrielle Union), and gets Quincy's advice. This is the point where Quincy begins to break all the rules with Nicky. This is a light comedy that will make you laugh. There are several scenes with a dog, and the advice he gives to his old boss Phillip (Peter MacNicol) that are very funny.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, JULY 9	SATURDAY, JULY 10	SUNDAY, JULY 11	MONDAY, JULY 12	TUESDAY, JULY 13	WEDNESDAY, JULY 14	THURSDAY, JULY 15	FRIDAY, JULY 16
5 p.m. (PG-13) Mean Girls 7 p.m. (PG-13) *Breakin' All the Rules 9:30 p.m. (PG-13) Van Helsing Midnight (PG-13) Laws of Attraction	2 p.m. (PG-13) Mean Girls 4:30 p.m. (PG-13) Envy 7 p.m. (PG-13) Breakin' All the Rules 9:30 p.m. (PG-13) Van Helsing Midnight (R) Kill Bill Vol. 2	2 p.m. (PG-13) Breakin' All the Rules 5:30 p.m. (R) The Punisher 8 p.m. (PG-13) Van Helsing	6 p.m. (PG-13) Godsend 8:30 p.m. (PG-13) The Terminal	6 p.m. (PG-13) Envy 8:30 p.m. (PG-13) Van Helsing	2 p.m. (PG) Harry Potter and the Prisoner of Azkaban 6 p.m. (PG-13) Mean Girls 8:30 p.m. (R) Kill Bill Vol. 2	6 p.m. (PG-13) Breakin' All of the Rules 9 p.m. (R) The Punisher	5 p.m. (PG-13) *Spiderman 2 8 p.m. (PG-13) *Spiderman 2 10:30 p.m. (R) *Soul Plane

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JULY 9	SATURDAY, JULY 10	SUNDAY, JULY 11	MONDAY, JULY 12	TUESDAY, JULY 13	WEDNESDAY, JULY 14	THURSDAY, JULY 15	FRIDAY, JULY 16
6:30 p.m. (PG) * New York Minute 9 p.m. (PG-13) Godsend	2 p.m. (PG) New York Minute 6:30 p.m. (PG-13) The Terminal 9 p.m. (PG-13) Godsend	2 p.m. (PG-13) Harry Potter and the Prisoner of Azkaban 6:30 p.m. (PG-13) The Terminal	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) Envy <i>No scooters, skates, skateboards, strollers or backpacks allowed in theaters.</i> <i>No outside food or beverages.</i>	6:30 p.m. (PG) Breakin' All of the Rules 9 p.m. (PG-13) Godsend

THE PUNISHER (R)
Starring: Thomas Jane, John Travolta, Rebecca Romijn-Stamos, Laura Elena Harring and Samantha Mathis
FBI undercover agent Frank Castle witnesses the destruction of his family, and when the murderers go unpunished, he fearlessly takes the law into his own hands, unexpectedly finding redemption in the process.

GODSEND (PG-13)
Starring: Robert DeNiro, Greg Kinnear, Rebecca Romijn-Stamos, Cameron Bright and Jenny Levine
After their young son, Adam, is killed in a freak accident, a couple approaches an expert in stem cell research about bringing him back to life through an experimental cloning and regeneration process. When Adam comes back to them, he's... different. When the new Adam passes the age at which the old Adam died, strange and terrifying events start to occur.

MEAN GIRLS (PG-13)
Starring: Lindsay Lohan, Rachel McAdams, Tim Meadows, Amy Poehler and Ana Gasteyer
Raised in African bush country by her zoologist parents, Cady Heron thinks she knows about "the survival of the fittest." But the law of the jungle takes on a whole new meaning when she enters high school and falls for the ex-boyfriend of the school's most popular girl.

THE TERMINAL (PG-13)
Starring: Tom Hanks, Catherine Zeta-Jones, Stanley Tucci, Chi McBride and Diego Luna
Stranded at Kennedy Airport with a passport from nowhere, Viktor Navorski, is unauthorized to actually enter the US and must improvise his days and nights in the terminal's international transit lounge until the war at home is over. As the weeks and months stretch on, Viktor finds the compressed universe of the terminal to be a richly complex world of absurdity, generosity, ambition, amusement, status, serendipity and even romance with a beautiful flight attendant named Amelia.

ENVY (PG-13)
Starring: Ben Stiller, Jack Black, Rachel Weisz, Amy Poehler and Ving Rhames
Tim and Nick are best friends, neighbors and co-workers, whose equal footing is suddenly tripped up when one of Nick's hare brained get rich quick schemes actually succeeds: Vapoerizer, a spray that literally makes dog poop evaporate into thin air. Tim, who had pooh-poohed Nick's idea and passed on an opportunity to get in on the deal, can only watch Nick's fortune and Tim's own envy grow to equally outrageous proportions.



The Harbor View Club Presents . . . Maohi Nui!

You won't want to miss this exciting Polynesian dinner show at the Harbor View Club Thursday, July 22. Colorful performers will dazzle you with island dances while you feast on a sumptuous all you can eat buffet (regular Mongolian BBQ canceled for this event). Beautiful Polynesian ladies will greet you at the door and pose for photos while they distribute free shell leis to all. You can even get a free Polynesian tattoo (with oil pencils). The complete dinner show package is \$14.95 for adults and \$6.95 for children. Call Mihoko at the Harbor View Club today at 252-3965 for more details or to make your reservations.

"A Wise man Climbs Mt. Fuji . . .," at least that's what a wise old Japanese man once

said. However, he followed that up with the next sentence: "A fool climbs it twice . . ." Hummmmm. Since you are here in Japan, you may as well take care of business, bite the bullet and scamper up the slopes of Mt. Fuji (if you're up to it), just to say you've been there, done that. The Sailing & Outdoor Adventure Center has three more Mt. Fuji trips scheduled this year, so hurry and make reservations now. This is a once in a lifetime opportunity to conquer the mountain. All trips depart Friday at 3 p.m. and return Sunday at 2 p.m. The last three scheduled dates are: Friday, July 23 – Sunday, July 25; Friday, August 13 – Sunday, August 15; and Friday, August 27 – Sunday, August 29. For more information call Walter or any member of the friendly OREC staff at 252-3500.

Keith Floyd R&B Live at Galaxies

Recording star Keith Floyd will appear live on stage at the Galaxies Club on Thursday, July 15. The performance is another in a great series of entertainment brought to you by your MWR Department. Floyd has been performing since the age of 6 and has performed throughout the U.S. and Asia at major universities, country clubs, corporate events and military bases. He'll be here live, in person to perform just for you. And it's free! Check it out. Call the Galaxies Club at 252-2980 for more information.

MWR Now On Line

You can get everything you need to know with just one click of your mouse! Go to the CFAS website at: <www.cfes.navy.mil>, click on the current *Soundings* edition for the latest news, movie schedule, employment opportunities and more right at your finger tips, 24/7.

Universal Studios, Tokyo Disney & Disney Sea, Hiroshima and Kyoto City Tours

Better get on the phone right now and see if they still have room left for the Universal Studios tour scheduled for 5-7 September. These seats go very quickly, so call the Travel & Tours Office now at 252-3433 to see if space is still available. Sign-ups began

on Monday, July 5th. Other great tours coming up include a Tokyo Disney & Disney Sea tour from 8-12 October, a Hiroshima & Miyajima tour from 24-25 October, and a Kyoto City tour from 10-13 November. Call or stop by the Travel & Tours Office at Fleet landing today to find out more about these great MWR Travel & Tour packages.

Out and About

There are always great things at Travel & Tours. Visit Dazaifu Antique Bazaar July 10 & 11. All seats are \$12. Our MWR bus will take you to Dazaifu where you can shop the stalls for great antique bargains and check out the ancient shrine nearby. You can take the kids to Merihama Village on Saturday, July 10 where they can enjoy the rides, spend some time with the animals at the petting zoo, zip along the track in a Go-Cart and more. Cost is \$12 for adults, \$10 for children 3 to 15 and \$5 for kids under 2. Cool-off this summer at the Miyazaki Ocean Dome. No matter what the weather, the giant dome is the place to be for great beaches, swimming, shopping and more. Travel & Tours has arranged an overnight package July 11 - 12. Call 252-3433 for availability.

Living in Japan: A sense of curiosity

The Japanese are a very curious people. They like to learn about a broad assortment of things, both in their own environment and in the wide world that surrounds them. This includes foods, customs, living conditions, culture, and other facts, both salient and obscure, that make other societies different from their own. Even today, after many years of American

presence here in Sasebo, we are still an enigma to them in so many ways. They drive along the SSK bypass and gaze through the diamond grids of our perimeter fence, and wonder what strange rites and rituals we practice in our guarded community.

Last Sunday was their first wholesale opportunity to breach the dragon-toothed tire-shredding barricades of our fortress compound in many years, and they took full advantage of the chance. Even the sporadic downpours, intermittent showers, and strong winds could not deter them from their avid quest to learn more about who we are and what goes on



SUPERVISORY PROGRAMS MANAGER
FLEET & FAMILY SUPPORT CENTER

inside our fence line.

Essex took the brunt of the assault, with Japanese fascination over large ships of war fueling the determination of thousands of visitors to tread her non-skidded decks. Cloud bursts failed to dampen their enthusiasm as they patiently stood in long lines for their chance to climb the brow and enter the heady world of amphibious aviation.

The Public Works parking garage also stayed busy, it was as much a refuge from the rain as a destination of interest for many, with a reduced number of vendors busily turning out funnel cakes

and shish-kabobs to feed the milling crowds. Interwoven through all of this choreographed chaos you found our Security people, doing a fantastic job of herding folks, answering questions, and providing that element of visible and authoritative military presence our Japanese guests fully expected to see.

If I had any problem with the day, it came with sights of U.S. flags skittering across the floor of the garage, as gusts of wind would rip these plastic decorations from the railings. I witnessed Americans walking on and over them, treating them as blown refuse, rather than as our national symbol of pride and honor. I gathered up three myself during the day, but the only other people I saw pick any up were Japanese - (on two different occasions). I'm positive that throughout the day many other Americans did the same, but it is those who didn't that continue to trouble me.



New Hours
USO Nimitz Park:
 Monday -Thursday- 10 a.m. - 6 p.m.
 Friday - Saturday- 10 a.m. - 9 p.m.
 Sunday- 10 a.m. - 6 p.m.
Fleet Landing:
 Monday - Friday- 9 a.m. - 4:30 p.m.
 Closed Saturday and Sunday unless there is a volunteer.
 USO is looking for someone that is interested in providing great customer service. Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nimitz Park for an application.
 KDDI telephone service, which supports USONet, is looking for a technical representative. For more information contact the USO at 252-3959.
 The USO will host a charity auction July 17 at the Harbor View Club. For more information call the USO at 252-3873.
 If you have any USO questions, call 252-3959.

Betcha didn't know about Sasebo NTCs

Phil Eakins Base Historian

When I joined the Navy over 20 years ago, enlistees began their "adventure" at three training centers: Orlando, Great Lakes or San Diego. Imperial Japanese Navy recruits and draftees were sent to Sasebo for initial training and assigned to one of the naval station's three training centers.

Number One Sasebo Naval Barracks began with the opening of the Sasebo Naval Station in July, 1889. It was located in present day Nimitz Park. According to a local historian, the first class of 81 recruits

graduated in 1889. When I arrived in 1989 one of the old red brick buildings was being used as a barracks for female Sailors of the Japan Maritime Self Defense Force. In the past, the same building was used as transient quarters for U.S. Army and Navy personnel. It was torn down to make room for the female barracks across the fence line.

Number Two Sasebo Naval Barracks, later renamed Ainoura Naval Recruit Training Station, was opened November, 1941 in response to the military build up after the Japanese occupation of China in 1937. About 141,000 sailors graduated from this training station by the end of the Pacific War. Two recruit graduate books from this station are on display in the base Naval

Museum. The Japan Ground Self Defense Force is stationed at this training base.

The Number Three Sasebo Naval Barracks was established in Harioshima in 1944. In April 1945 the Imperial Japanese Naval Academy opened a school at the compound. This base became a repatriation center for overseas returnees first arriving at nearby Urashima after war's end. The base was used by the precursor of today's Self Defense Forces during the 1950s. Eventually the buildings were razed; today they're the Huis Ten Bosch resort.

Worship Services

Community Chapel, Main Base

Roman Catholic
Sun. 9 a.m., Tue.-Fri. 11:30 a.m., Sat. 5:30 p.m.
Protestant
Sun. 11 a.m.
Protestant Sunday Schools
Sun. 9:30 a.m.
Catholic Catechetical Doctrine
Sun. 10:15 a.m.
Ladies Bible Study by Beth Moore
Wed. 9:30 a.m. & 6:30 p.m.- Music room
Christian Men’s Fellowship
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)
Sun. 9:30 a.m.
Roman Catholic
Sun. noon
Episcopal
Sun. 5 p.m.
http://culdee.org
Protestant Sunday School
Sun. 9:45 a.m.
Catholic Catechetical Doctrine
Sun. 11 a.m.
Ladies Midweek Bible Study
Wed., 9 a.m.
Youth Drama Group
Sun. 1:30 p.m.

Lay Congregations

Church of Christ (CEC)
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122
Jewish Community
Contact Religious Ministries at 252-3380 FMI
Nichiren Daishonin’s Buddhism (SGI-USA)
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165
New Life Christian Fellowship (CEC)
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332
Ladies Bible Study (CEC)
Tuesday 6:30 p.m.- Music Room FMI call 252-8632
Family Bible Study (Hario)
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

Greater Harvest Holiness Church of God in Christ
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712
Church of Jesus Christ of Latter Day Saints
Missionary- 252-8279
Lighthouse Baptist Church
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.
International Christian Assembly
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.
Iglesia Ni Cristo
252-2363 During working hrs.
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule July 10 - July 16

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. July 10	9 a.m.- Countdown w/ Keith Olbermann 11 a.m.- The Newshour 4 p.m.- Nightline 6 p.m.- Dateline NBC	7 a.m.- The X-Files 9 a.m.- Burt Wolf’s Local Flavors 4 p.m.- The View 7 p.m.- Trading Spaces	9 a.m.- Pokemon 12:30 p.m.- ESPNEWS 4 p.m.- Endurance 9 p.m.- Law & Order	1 p.m.- Headline News 4 p.m.-Pokemon 7 p.m.- Entertainment Tonight 9 p.m.- My Wife and Kids	11 a.m.-MLB 4 p.m.-MLB 8 p.m.- MLB 11 p.m.- ESPN
Sun. July 11	9 a.m.- Washington Week In Review 11 a.m.- C N N Saturday Night Live 4 p.m.- Headline News 6 p.m.- Big Story Weekend Edition	12 p.m.- Joan of Arcadia 4 p.m.-Kingsley’s Meadow 7:30 p.m.- King of Queens 9 p.m.- The Young Lions	12 p.m.- Wishbone 8 p.m.- Bring It On 10:30 p.m.- Seinfeld 11 p.m.- That 70’s Show Hollywood	8 a.m.- Saturday Night Live 1 p.m.- Celebration Of Victory 4 p.m.- Johnny Tsunami 7:30 p.m.- Air Force TV News	12 p.m.- Sportscenter 1 p.m.- WNBA 3 p.m.- Sportscenter 9 p.m.- Tour de France
Mon. July 12	7 a.m.- Tim Russert 9 a.m.- This Week 10 a.m.- Dateline International 12 p.m.- CNN Presents 8 p.m.- Good Morning America	10 a.m.- Average Joe 1 p.m.- The New Detectives 8 p.m.- Monster Garage	11 a.m.- Oprah 1 p.m.- Access Hollywood 5 p.m.- Jeopardy! 7 p.m.- 60 Minutes 9 p.m.- Without a Trace	8:30a.m.- Seinfeld 12 p.m.- Meet The Press 3:30 p.m.- Wheel Of Fortune 8 p.m.- Today	8 a.m.- Baseball Tonight 12 p.m.- Sportscenter 4 p.m.- Nascar Nextel Cup Series 7:30 p.m.- Sportscenter
Tues. July 13	9 a.m.- Countdown w/ Keith Olbermann 10 a.m.- Hannity And Colmes 6 p.m.- CNN Daybreak	9:30 a.m.- Happy Days 6 p.m.- Ed 7 p.m.- E.R. 8 p.m.- The Residents	1 p.m.- Access Hollywood 4 p.m.- Lizzie McGuire 5 p.m.- Jeopardy! 8 p.m.- Don’t Say a Word	12 p.m.- Headline News 12:30 p.m.- ESPNEWS 3:30 p.m.- Wheel Of Fortune 7:00 p.m.- Headline News	8 a.m.- Baseball Tonight 2 p.m.- Sim World Superbike Series 4 p.m.- Ballroom Boxing
Wed. July 14	10 a.m.- Hannity And Colmes 12 p.m.- BET Nightley News 2 p.m.- Newsnight w/ Aaron Brown 7 p.m.- The O’Reily Factor	10 a.m.- The Amazing Race 2 p.m.- Blaze 7:30 p.m.- Andromeda 9 p.m.- Secrets of War	9 a.m.- MLB All-Star Game 12 p.m.- NBC Nightley News 6 p.m. ESPNEWS	8 a.m.- 4 Qtrs 12 p.m.- Headline News 4 p.m.- The Dr. Phil Show 8 p.m.- Today 10 p.m.- Between The Lions	2 p.m.- ESPNEWS 2:30 p.m.- Totally Nascar 6 p.m.- Sportscenter
Thurs. July 15	9 a.m.- Countdown w/ Keith Olbermann 12:30 p.m.- Nightley Business Report 3 p.m.- Paula Zahn Now 6 p.m.- 60 Minutes	9 a.m.- The Simpsons 2 p.m.- Inspector Morse 6 p.m.- One Tree Hill 7 p.m.- The West Wing	9:30 a.m.- Wheel of Fortune 4 p.m.- Yu-Gi-Oh! 7 p.m.- Everybody Loves Raymond	8 a.m.- The Prine of Tides 1 p.m.- Headline News 4 p.m.- The Dr. Phil Show 7 p.m.- Headline News	8 a.m.- AAA All-Star Game 2 p.m.- ESPNEWS 11 p.m.- ESPN Outdoor Games
Fri. July 16	2 p.m.- News Night w/ Aaron Brown 5 p.m.- Hardball w/ Chris Matthews 6 p.m.- Primetime 8 p.m.- Good Morning America	8 a.m.- The Wild Thornberrys 2 p.m.- Buffy the Vampire Slayer 6 p.m.- The Dead Zone 7 p.m.- Boston Public	3 p.m.- House Of Mouse 4:30 p.m.- As Told By Ginger 8 p.m.- The Apprentice 9 p.m.- Alias	12 p.m.- Headline news 3:30 p.m.- Wheel Of Fortune 6:17 p.m.- General Hospital 11 p.m.- Ozzy And Drix	8 a.m.- Tour De France 12a.m.- Sportscenter 4 p.m.- WNBA 11 p.m.- The Sports Reporters

Non-Profit Organizations

Al-Anon 252-3481
090-8229-7048, 090-9602-4353
Alcoholics Anonymous 252-7345
090-9602-4353, 090-8229-7048

CFAS Wardroom Association 252-3452
CPO Association 252-3521

Exceptional Sailor Program
Shore Duty E-4 and below, 252-5525

Filipino American Association 252-8361, 080-3228-5809

Guardian Angels
Spouse support group. 090-5945-2150

Navy League, Sasebo Council 252-3109

Nippon Lodge Number 9

252-3481
Officers’ Spouses’ Club 252-7345
Sasebo Bluejackets Association
E-1 to E-6 personnel. 252-3481
Sasebo Eagles Little League Club
<c30-dd@cfas.navy.mil>
Sasebo First Class Association
Shore Duty E-6's. 252-2181/3347

Sasebo Homeschool Support Group
252-8195, 0956-58-7875

Thrifty Treasures
252-8940

USS Essex Family Support Group
0956-32-2177
USA Girl Scouts Overseas
0956-49-5273
USO
252-3959

Community Numbers Branch Medical

Hours of Operation
Monday & Friday 8:30-11:30; 12:30 - 4 p.m.
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.
Wednesday 8:30-11:30
Appointment Line: 252-2550
Hario Annex Clinic: 252-8770
Online Medication Refill: <www.nhyoko.med.navy.mil>
TRICARE Health Line: 005-3111-4621
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS
On Base: 9-1-1
Off Base: 0956-23-9911
Patient Comment Line: 252-2536
Or send e-mail to: <SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation
Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.
Wed. (Hario closed) 7:15 - noon
Sick Call 7:15 - 9 a.m.
Main Base: 252-3886
252-3747
Hario: 252-8977
EMERGENCY NUMBERS
After Hours: 252-2550
252-2551
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392
Desk Sergeant 252-3446 or 3447
Security Operations Officer 252-2371
Security Administration 252-2386

Fire Department

Business lines
Information/Dispatcher 252-3408/3518
Dispatcher 252-2144
Fire Chief 252-2147
Prevention Chief 252-2139
Training Chief 252-2149
Fire Prevention Offices
Main Base & Hario 252-2142/2163
Ordnance Area 252-2162
FISC Areas 252-2166

EMERGENCY NUMBERS
On Base: 9-1-1
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380
Fleet & Family Support Center 252-3604
CFAS Quarterdeck 252-3311
Navy Relief Society 252-3366
CFAS Public Affairs (Shore-based commands) 252-3409
CTF-76 Public Affairs (Sea-based commands) 252-2131
USO 252-3959
Navy Lodge 252-3608
AFN 252-3869
1575 Thunder Radio 252-1575
Command Connections 252-2290

Sasebo's newest Idol crowned at Showboat



A Sailor, belts out his original rendition of 'Lean on Me' for an appreciative crowd at the Showboat Theater; left, top and bottom, at the recent Sasebo Idol finals competition. He earned a \$500 prize along with his title as Sasebo's newest Idol. (Photos by Abigail Costa)

Naomi Sullivan
CFAS Public Affairs

Festival-goers at the Fleet Activities Sasebo (CFAS) Fourth of July celebration made their collective will known by naming a Seabee as the new Sasebo Idol at the Showboat Theater. The contest, sponsored by the United Services Organization (USO) and AT&T, is patterned after the popular television series, 'American Idol'. Like its television counterpart, contestants auditioned for a panel of three

judges — Ivy Spencer, AT&T representative for Sasebo; Journalist Seaman Felix Crosser, AFN; and DJ Stanhope, USO Director of Sasebo — who passed ten of them on to the semi-finals. From this point on, success was determined solely by the votes of the audience members, who winnowed the group to three for the finals.

Winning the title means more than bragging rights, however — this contest offered cash prizes for first, second and third place winners. In the end, the crowd favorite was Constructionman Daniel Jenkins who

garnered three times the number of votes as his two contenders. Jenkins blew the audience away with his rendition of "Lean On Me" departing from the standard lyrics and adding his own special words. Jenkins earned \$500 along with his title. Taking away the second prize was Seaman Alexander Thorpe, a new father whose wife had given birth only the day before said "I had to do it." The performance earned Thorpe \$250. Coming in third was little Melody Fenton, the "reigning" Sasebo Idol, who took home \$100.

"The contest was planned for the Independence Day festival after we got such positive feedback from the first Sasebo Idol we held in April at the Nimitz Park USO," said DJ Stanhope, Director for USO.

"We submitted the proposal to AT&T and they provided the funds for the prizes. Having cash this time really added to the excitement of the event," she added.

The USO plans activities monthly for the community. For more information USO, contact DJ Stanhope at 252-3873 or Espie Limon at 252-3959.

CFAS Car Sales
Sponsored by various Command Organizations throughout the year

Public Works Parking Lot

Third weekend of every month
Friday @ 5 - 7 p.m.
Saturday @ 9 a.m. - 7 p.m.
Sunday @ 10 a.m. - 3 p.m.

10% of the vehicle purchase price goes to the sponsoring organization

MAIN BASE - HARIO
SHUTTLE BUS
7 DAYS PER WEEK

DEPART MAIN BASE	8:30 a.m.	10:30 a.m.	2 p.m.
ARRIVE HARIO	9:15 a.m.	11:10 a.m.	2:40 p.m.
DEPART HARIO	9:30 a.m.	12 p.m.	3:30 p.m.
ARRIVE MAIN BASE	10:15 a.m.	12:45 p.m.	4:15 p.m.

Main Base Pick-Up / Drop-Off is PWD Transportation (Building 109).
Hario Base Pick-up / Drop-Off is in front of the Village Theater.
Purchase your tickets at Travel & Tours or the Hario Community Recreation Office.
\$2 One-Way travel

For more information, call 252-3433 or 252-8860/61.

Base, community announcements

Voter Registration

The Staff Judge Advocate’s Office (SJA) has a booth in the Bayside Food Court on Tuesdays and Thursdays from 11 a.m. until 1 p.m. Volunteers will provide assistance with absentee ballot registration cards. For more information contact the SJA’s office at 252-2103/3385. Additional information can also be found on the Federal Voting Assistance Program (FVAP) website at <www.fvap.gov>.

Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5539 for more information.

Americable

Americable would like to remind the community that cable bills are due on the 2nd of the month. If you do not receive a bill from Americable, please contact the office at 252-2174 in order to prevent disruption of service.

University of Maryland University College

University of Maryland, financial aid advisor will be coming to Sasebo to visit July 22 at 10 a.m. If you would like to make an individual appointment please call 252-3299. Also, the Sasebo field office will be closed July 12 - 16. Regular office hours will resume Monday July 19 at 7:30 a.m.

PSD

Effective January 1 2003, all single E-4 and below are entitled to BAH during PCS. Some personnel entitled to the back pay have not yet received it. Please contact PSD for more information at 252-3470.

Contingency Information Line

Call the CFAS Command Contingency Information Line at 252-3034 to get the most up-to-date information from weather, security, HRO and transportation during typhoon season.

Alcoholics Anonymous

AA meetings are open to anyone who has a desire to stop drinking. They meet every Tuesday and Thursday at 5 p.m. and Saturdays at 9 a.m. in Classroom G, second

deck, of the Community and Education Center. FMI, contact 090-8229-7048.

TVP Issuance

Temporary Vehicle Passes (TVPs) can now be issued for newly purchased Personally Owned Vehicles at the Vehicle Inspection Area by Tategami Gate. The TVPs are valid for 24 hours or until the next working day. FMI, call VRO at 252-2378 / 2377 or the Pass Office at 252-2373 / 3692.

Suggestion Boxes

Suggestion boxes are placed outside the CFAS Career Counselor’s Office and at the Ordnance Department. This is a way for anyone, including Japanese workers, to forward items of interest to the CO on any issue. All items, in Japanese or English, will be read by the CO. Names are not necessary unless he/she needs personal feedback.

Sasebo Archery Association

Membership is free for anyone to join the Association in the Sasebo community. If you are an archer or bow hunter, or if you just love target shooting, give us a call at 080-3223-9894 or 252-8654 for more details. The association meets on the first Thursday of the month at ATG Bldg. T-358 to induct new members or conduct business.

Fleet and Family Support Center

Fleet and Family Support Center Sasebo (FFSC) deeply regrets having to discontinue the practice of providing free childcare services to class attendees and counseling clients. The greatest impact of this measure will be felt by new arrivals who must attend the mandatory Area Orientation Brief/ Intercultural Relations (AOB/ICR) course if they are to obtain a driver’s license to operate a motor vehicle in Japan. We will continue to assist new arrivals by calling and making necessary reservations for their childcare needs, but we will no longer provide vouchers to pay for the care itself.

Juneau Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club from 6 - 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome. There will be no babysitting provided.

Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what’s going on.

Fort McHenry Family Support Group

Family bowling on July 24th, MB 2-5pm. Bowling will be free for USS Fort McHenry families. We will also be having a trip to Julie Platz and a pool party. For more information please call 252-8022. For these events to be successful, we need our families to participate. Please come and join us for these fun family summer activities.

Used Car Sales Event

The next Used Car Sales event will be held July 17 - 18 in the Branch Medical Clinic parking lot. Sponsored by Fil - Am Association. Hours are: Friday 5 - 7 p.m., Saturday 9 a.m. - 7 p.m. and Sunday 10 a.m. - 3 p.m. Ten percent of purchase price goes to the sponsoring organization.

NEX Notes

Change of Store Hours
Effective Thursday, 15 July 2004, There will be a change of hours of operation as follows: Hario Home Store Mon-Fri 1100-1900 Sat & Sun 0900-2000 Hario Gas Station Mon-Fri 1300-1900 Sat, Sun & holiday 0800-1530 Uniform Center/Tailor Shop Mon-Sat 1000-1800 Sunday Closed

Summertime Gifts
We have lots of merchandise coming in for decorating your home with colorful touches, Pacific Rim® tropics palm votives, Godinger palm crystal stemware, palm trees continue to be a big trend. Munro mermaid figurines and December Diamonds whimsical natural wall plaques: starfish, kissy fish and crabs great for a child's bedroom or bath. Stop by Fleet Exchange 1st floor.

Rubbermaid® values
Organize your life with Rubbermaid® savings. Various containers, underbed box, jumbo totes, vertical wrap & craft box and food containers has arrived at Fleet Exchange 2nd floor. Also new Rubbermaid® shelf kits are available at Four Seasons Store.

Cool Sensation
Dunkin’ Donuts offers varieties of iced and hot Dunkin' Originals. Stop by Bayside Foodcourt and refresh yourself!

Increase your Gas Mileage
Fuel injector cleaners, gas treatments and octane boost will help to increase your gas mileage, they are available at NEX Autoport. We can also take care of your lubrication and Summer coolant needs faster than ever. Call 252-3607 for an appointment.

NEX Back To School Supplies
We will have "Back to School Sale" 14-18 Jul, 28 Jul-01 Aug 04-08 Aug and 11-15 Aug. The list of supplies necessary for Darby, E.J. King school and Sasebo Elementary will be available at Mini-Mart and Hario Homestore.

HOME & WHITE SALE

Now through July 11



25% off

All Sizes Dan River Inc. Bed-In-A-Bag

74.99 ea. MALE 19" PRICE

210-thread count. Size available: queen Reg. 99.99 ea.

7⁹⁹-12⁹⁹	9⁹⁹-16⁹⁹	16⁹⁹
<small>BAHAMA PALM™ DECORATIVE PILLOWS. Assorted sizes.</small>	<small>CHESAPEAKE MERCHANDISE EMBROIDERED CHENILLE TROWS. 50" x 60". Assorted colors.</small>	<small>19" PRICE</small>

Furniture Sale

Now through July 18



CLUB ROOM FROM BASSETT®:

749.99	699.99	279.99
sofa	love seat	cocktail table
#7306-62FC	#7306-42FC	#6306-A613

NEX YOUR NAVY EXCHANGE

We are your "Navy Family" store!

YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

CLASSIFIEDS

VEHICLES

(Exp. July 17) **1989 Toyota Master Ace**, JCI '05, asking \$1000 obo. Two new tires, new front brakes, and cold a/c. Also selling **1991 Toyota Sprinter**, JCI '05, asking \$1000 obo. Call 090 1971 0581.

(Exp. July 17) **1991 Toyota Sera**, JCI '05, asking \$2,700. Call Kelley at 252-8282 or 090 6293 5966.

(Exp. July 17) **1992 Nissan Skyline**, JCI '05, asking \$1200. Call Florian at 252-8299.

(Exp. July 17) **1992 Toyota Town Ace Van**, JCI '05, asking \$1,800. Also selling **1995 Honda Civic**, JCI '06, asking \$1,500 or obo. Will sell both for \$3,000. Call 252-2125/8133or e-mail: <n91@ctf76sas.navy.mil>

(Exp. July 17) **1994 Toyota Merino**, JCI '04, asking \$800.00. Call 252-7336 or 090 9653 6312.

(Exp. July 17) **1998 Toyota Corolla**, JCI '05, asking \$3,600. Call 58 3238

(Exp. July 24) **1996 Toyota Station Wagon**, JCI '05 asking \$1,500. Call 0956-28-1204 or email myrcra@msn.com

(Exp. July 24) **1994 Toyota Wagon**, JCI '04 asking \$2300 Call 252-7287

(Exp. July 24) **1999 Mitsubishi RVR**, JCI '06 asking \$6000 Call Eric 252-8299

(Exp. July 24) **Eunos Van**, asking \$2000 Call 090 1368 6271

(Exp. July 31) **1992 Nissan Prairie**, JCI '04 asking \$1200 obo. Call Amie 252- 8521

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. July 17) Wanted: X-large dog carrier, airline approved. Call ext: 8629

(Exp. July 17) King size bed. Yorktown plush w/sheets, mattress pad, comforter and metal frame for \$700 obo. Call 252-8521.

(Exp. July 17) Three in one playpen still in box \$30. Infant carset \$25. Bassinet \$15 & more for baby's. Also phone rights available \$250 or obo. Call 252-8563.

(Exp. July 17) SkyPerfect Satellite Dish w/accessories \$75. Ceiling light fixtures \$20/each. Call 252-7373 or 080 5208 3615.

(Exp. July 17) Two small kerosene heaters \$20/ea or \$30 for both. Three fan-style electric heaters \$20/ea or \$45 for all 3. Call 090 1971 0581.

(Exp. July 24) Wanted X-Large dog carrier, airline approved. Call Cheryl 252-8629.

(Exp. July 24) Learn Japanese software and Self Study Kana workbook. \$15 for all. Call 090-1368-6271

(Exp. July 24) For sale kitchen cabinets. One unit will hold a microwave & toaster oven plus 4 additional shelves. Other unit has shelves for food/dishes. Rolling unit that fits nicely in a small space great for storing.

(Exp. July 24) Cho shelves. Asking \$125 for 3 pieces. Call 090 1368 6271.

(Exp. July 24) Self study Kana workbook and Japanese computer software. Asking \$15 for both. Call 252-8191 Canned foods. \$150 for all or I can sell individually. Call 090 1368 6271.

(Exp. July 24)AFN Satellite Dish \$40 Call Eric 252-8299.

(Exp. July 24) Satellite Dish, receiver and bracket. \$100 for all. Call 28 1204 or email < myrcra@msn.com>

(Exp. July 31) Three plastic kerosene tanks w/ pump each \$25 or \$40 for all. Transformer \$100. Convection Oven- \$30. Two hanging clothes rack \$10. J-phone prepaid phone & charger. Minutes not included. Cho phone rights \$225 Call Katherine 252-8536.

(Exp. July 31) Phone rights \$250. Call Anna 34-3127 or 080 5247 1775.

(Exp. July 31) Three electric heaters \$20 each or \$45 for all three. Japanese futon set \$50 each or \$90 for both. Call 090 1971 0581.

(Exp. July 31)Vagabond 42ft sailboat, ketch-rigged, center cockpit. Beautiful live-a-board and world cruiser in excellent condition. Ready to sail anywhere. Main cabin with king-sized berth, twin bunks in second cabin. Two heads with showers. Propane fireplace/heater.

Large galley with three-burner propane stove, oven, microwave, and refrigeration. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Currently located in Sasebo, Japan. \$120,000 For more information call 090 3882 8616 or <secondwind53@hotmail.com>.

(Exp. 31) 25" Television \$75. Male golden hamster, comes with cage, ball, playpen, and leash. Baby backpack \$25. Playpen \$25. Call 252-8521.

HOME BUSINESS

IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201-7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged.

<maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090-4221-9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080-5050-6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080-5211-0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via e-mail ninasilverman@hotmail.com or call 080-5211-0174 to set up a lesson.

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300 or 090 5725 5463.

Exeriened in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French Language tutor. Pierre 090 3734 3509 or <cramosii@hotmail.com>

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090-5024-7139 or 34-5321

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

Child Find is a DoD program which actively seeks to

locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34-7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a

Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m. at soundings@cfas.navy.mil**
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

call. 252-8147. Check us out on the web at<www.mdphotography.net>

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Insructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

HELP WANTED

These are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements:
Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information.
Positions: Substitute Teachers, TP-1702-AA, \$87.50/day
Educational Aid (General), GS-1702-04
Educational Aid (Special Education), GS-1702-04
Educational Aid (Sure Start), GS-1702-04
Office Automation Clerk/Assistant, GS-0326-04/05
Secretary, GS-0318-05/06
School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants must have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-helpskills.Minimum Qualification requirements: ability to cooperate with children with disabilities . Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which

provided knowledge of the specialized requirement of disabled individuals.

COMMUNITY BANK

Community Bank is looking for an energetic team player for a 20 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly @ 252-3963, for more information. Prior cash handling and customer service preferred.

VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aioros.ocn.ne.jp> or contact Vodafone manager at 252-3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarrriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

AMERICABLE

Americable is accepting applications for a Customer Service Representative, part time approximately 25 - 30 hours a week. Must speak English and Japanese, be able to use Excel, MSWord and other common office programs. Previous customer service skills preferable. Apply in person at Building 96 Main Base across from Navy Legal. No phone calls, please.

NAVY COLLEGE

LEARNING CENTER

Part time postion available 20 hours a week, BA required. Call 252-3514.

USO

Looking for someone interested in providing great customer service! Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nim itz Park for an application. KDDI telephone service, which supports USONet, is looking for a technical representative. For more information contact the USO at 252-3959.

RELIGIOUS MINISTRIES

DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

UMUC

Need of a field Representative.Duties include: Providing info & assistance to students, conducting course registration, data entry, completing textbook orders, inventories, and financial reports, providing faculty support, marketing the program within contractual limitations, working with the education center on classroom assignments and other issues. Good oral & written communication skills, strong commitment to professionalism in client service to include the students and education center, ability to maintain a task orientation and to focus on details in a dynamic environment, initiative, familiarity with MS office or similar software, experience in similar responsible position preferred. Application should include the application form, resume, and cover letter. FMI please call 252-3299 or 225-3690.

CENTRAL TEXAS COLLEGE

Central Texas College is currently taking applications for a Field representative in Sasebo. High School diploma and two years' experience as a secretary/ clerk is required. U.S. citizenship is required. Proficiency in basic computer knowledge and in the English language is a must. Must be able to drive a privately- owned vehicle and lift up to 40 lbs. The closing date for applications is July 14, 2004 and the start date is August 2, 2004. Applications can be obtained at the field office Monday-Friday 8:30-2:30. For more information on the position, please contact Noriko Wagenaar at 263-4538.

MWR

REGULAR FULL-TIME POSITION:

Administration Division
Accounting Technician, NF-02, \$8.39/hr. Open until filled.
Child Developoment Center (Hario). SSN Required
Education Aide, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04, \$10.31/hr. Open until filled.

Sailing Center
Maintenance Worker, \$10.29/hr. Open until filled.
Theater
Theater Manager, NF-03,\$21,000 to \$55,000 per annum. Open until filled.

FLEXIBLE POSITIONS:
Youth/Teen Center (HV/MB). SSN Required
Recreation Aide, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)
Child Development Center (MB/HV). SSN Required

Education Aid, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04 \$10.31/hr

Animal Holding Facility

Animal Care Technician, NF-02, \$8.39/hr

Bowling Center

Cashier/ Checker, \$6/hr

Cook, NA-04, \$9.58/hr

Sailing & Outdoor Recreation Center

Recreation Assistant (Sailing), NF-02, \$8.39/hr

Recreation Assistant (Paintball), NF-02, \$8.39/hr

Theater (Showboat/Hario)

Snack bar Clerk,NF-01, \$6/hr

Fleet Fitness Center

Recreation Aide (Gear Issue), NF-01, \$6.00/hr (Hario)

Recreation Assistant (Phys. Fitness), NF-02, \$8.39/hr (MB)

Recreation Assistant (Sports), NF-02, \$8.39/hr (Main Base)

Galaxies

Bartender, NA-05, \$9.12/hr

Bas Assistant, NA-05, \$7.91 per hour

Cashier, NF-01, \$6/hr

Club Operations Assistant (Duty Manager), NF-02, \$8.39/hr

Cook, NA-04, \$9.58/hr

Video & Sound Equipment Technician, NA-07, \$10.29/hr

Harbor View Club

Club Operation Assistant (Duty Manager), NF-02, \$8.39/hr

Cook (Location CDC Hario), NA-04, \$9.58/hr.

Service Counter Attendant \$7.50 per hour

Open until filled.

NEX

Open Conituiuos Flexible Vacancies (OC'03) Main Base & Hario

Barber, NA-7603-07, \$9.78/hr

Beautician, NA-7641-07, \$9.78/hr

Sales Clerk, NF-2091-01, \$6.00/hr

Desk Clerk, NF-1176-01, \$8.00/hr

New Part Time Vacancies (Main Base)

Desk Clerk (Navy Lodge), NF-1176-01,\$8.50/hr

New Flexible Vacancies (Main Base)

Sales Clerk, NF-2091-01, \$6.00/hr, Main Store, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.

Sales Clerk, NF-2091-01, \$6.00/hr, Four Seasons Store, Open until filled.

Sales Clerk, NF-2091-01,\$6.00/hr, Mini Mart, Open until filled.

Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.

MWR Athletics
252-3588

SASEBO SPORTS

Sasebo Sports
Report
252-2290

Mark Schwab coming for wrestling camp



Wolfpack defenders put the pressure on the Hitmen during action on the Fleet Gym's basketball court Tuesday night. (Official U.S. Navy photo by JOSA Jeff Johnstone)

Fitness Tip: Rest to make gains

Alec Culpepper
MWR Fitness & Aquatics Director

It's difficult to find specific guidelines, but a good rule of thumb is to take at least one day off per week. It's not uncommon to come back stronger after a short layoff because your muscles will have had plenty of time to rebuild and repair. It's important to listen to your body and honor what it is telling you.

Sports results, upcoming events:

Sports Results

Independence Softball Tournament
Championships- Fire Dreams
Runners Up- Hitmen
3rd Place- Essex
4th Place- Sasebo City Hall
MVP- Epperson, Thomas
Outstanding Hitter- Hashiguchi, N
Outstanding Pitcher- Kallio, Kurt-

Independence Golf Tournament
Championship Flight- Shawn Parson
Masters Flight- Alec Culpepper
Fleet Flight- Capt. James
Hacker Flight- Jim Harmon

Upcoming sports and events
Six Feet & Under Basketball
Tournament starts at 6 p.m.

Double elimination tourney will be held in the FFC beginning Monday, July 12th. Participants cannot be taller than 72". ID's will be checked before every contest. Coaches meeting will be on Thursday, July 8th at the FFC at 5:30 p.m. Team entries are due to the FFC office by Wednesday, July 7th.
Inner Tube Water Polo Captain's Cup: Start Time is 7:30 p.m.
Friday, July 16th at Main Base Pool. Cool down and have some fun in this team sport! Team entries due by Wednesday, July 14 with a coaches meeting on Thursday July 15 at the Fleet Fitness Center Office at 5:30 p.m. This is a Captain's Cup Event (make sure your Command is represented!)

Paul Macri
E.J. King Wrestling Coach



Wondering what to do this summer? New to Sasebo? Want to meet new friends? How about trying the challenging sport of wrestling? You're probably thinking you'd like to wrestle in the middle school tournament this year or on the high school team, but you don't know how to wrestle. You probably think you'd need to go back to the USA to get a high quality, week-long wrestling camp. First, you'd need about \$2,500 for the airline tickets, tuition, room & board, etc.

What if I told you that you could get that here in Sasebo the week before school started for about \$50? Special arrangements have been made to bring Coach Mark Schwab for Olympic (freestyle) wrestling August 23-29. His University of Minnesota team were NCAA champs in 2001 & 2002. Coach Schwab's credentials are impressive. He is a four time Iowa high school state champion, three time junior national freestyle champion, third in Tbilisi, Russia (world's toughest freestyle tournament), third in the World Cup in Ulan Bator, Mongolia, junior world asst. freestyle coach in Sydney, Australia, Tour De-Mond freestyle coach in Beijing, China, junior world head freestyle coach in Tashkent, Uzbekistan and junior Pan-Am co-head coach in Bogotá, Columbia. He is currently in his tenth season at the University of Minnesota as an assistant coach and recently accepted a head coaching position at Iowa.

Last year we had a successful mini-camp that introduced the sport to new arrivals in Sasebo. We had a great turnout, and the new wrestlers that joined the team did a great job gaining wrestling skills during the season. Some of the Kanto Plains wrestling teams attended wrestling camps. They gain an advantage when they learn wrestling over the summer, and work on improving during the season. It is a disadvantage to schools like E.J. King who spend the year learning while kids at camp gain valuable experience.

Typically, a stateside camp has 100 campers. Our camp will have between ten and 20 kids, teens and adults, which will mean a greater coach-to-wrestler ratio. Once we have determined who will be attending, we can determine if it will be held at the Hario or Main Base Gym.

The earlier you sign up, the better the chance it will be close to where you live. Thanks to several charitable organizations (Religious Offering Fund, Sasebo Wardroom Ass. Officer Spouses Club, Sasebo Officials Ass., Fil-Am Ass., and Nippon Lodge nine) cost per wrestler has been greatly reduced. So the \$2,500 cost is \$50! If you are interested in wrestling, but can't come up with the \$50, there are limited scholarships available. Contact Coach Macri for the details. The camp is open to middle school/high-school students and adults. You can gain great experience at summer camp. For information, visit Cmdr. Macri at the Ship Repair Facility, 252-2801 or <C400@srfsas.navy.mil>.

Sasebo Sports Standings

Spring Softball (as of July 04):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	19	3	0.864	0
2	Essex	9	2	0.818	1
3	Bone Crushers	16	5	0.762	0
4	Hitmen	14	5	0.737	0
5	Patriot	13	7	0.650	0
6	Pumpers	16	9	0.640	0
7	Dragons	10	6	0.625	0
8	Snipes	4	3	0.571	0
9	Fort McHenry	3	4	0.429	0
10	Fire A-B	9	14	0.391	0
11	Kamikaze Squirrels	3	7	0.300	0
12	The Squad	3	8	0.273	0
13	Iron Gatos	1	7	0.125	0
14	Shooters	1	8	0.111	1
15	A- Star	1	13	0.071	0
16	Guardian	0	11	0.000	0
17	NMBC-5	0	10	0.000	2

Spring Basketball (as of July 04):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4	0.733	0
2	Hitmen	10	11	0.476	0
3	Patriot	9	10	0.474	0
4	Juneau	6	2	0.750	0
5	Showtime	5	3	0.625	0
6	Harper's Ferry	4	0	1.000	0
7	Safeguard	4	3	0.571	0
8	Guardian	1	19	0.050	0